

# Over 65?



**only £1**

## come along to the **Older Lifestyle Group** **Edenbridge** meet new people and have FUN!

### About the group...

The Edenbridge Older Lifestyles Group meets every week and offers healthy lifestyle information, activities and advice for anyone living in the Edenbridge area over the age of 65.

The *free* and friendly group provides weekly guest speakers who offer advice and activities on topics such as safety in the home, crafts, fall prevention exercises and specific health matters.

Minibus transport is provided (if required) and the group aims to enhance the physical, emotional and social wellbeing of older people living in Edenbridge and the surrounding villages to support independent living.

### When and where...

The group meets every Wednesday at the Edenbridge Centre on Four Elms Road in Edenbridge, TN8 6AD.

The group meet at 11.30am until 1.00pm. There is no need to book, it is free to attend so just simply turn up!

Alternatively, if you require transport, please contact us in advance. The group is very friendly, and new people are always very welcome.



### What people at the group think...

*' I look forward to meeting friends and joining in with the activities '*

*' This group has broadened my outlook, increased my social contact and gets me out of the house to make new friends '*

*' I have made many new friends and enjoy the weekly meetings which are very fun and interesting '*

For more information, please contact: Layla Powell, Choosing Health Co-ordinator

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